

**Vision  
Plan, Advocate, Evaluate**

*To advocate for a system that supports persons impacted by mental disorders on their journeys to achieve the highest quality of life possible by promoting evidence-based, cost-effective, individualized mental health services.*

**Mental Health Planning and Advisory Council  
February 12, 2003  
Phoenix Inn, Olympia**

**Approved 3/12/03**

In attendance: Gil Thurston, Chair, Joann Freimund, Vice-Chair, Graydon Andrus, Jeanette Barnes, Roger Bauer, Chuck Benjamin, Pat Calf-Looking, Lou Colwell, BJ Cooper, Diane Eschenbacher, John Fisher, Alan Himsl, Sondra Martin, Judith Stormbreaker, Mel Watt, Josselyn Winslow.

Absent (excused): Glenn Graves, Becky Kellas, David King, Candy Manke, Jean Pond, Bonnie Scott, Janet SooHoo, Paula Zamudio.

Absent (unexcused): Dorothy Trueblood.

MHD Staff: Kathy Burns Peterson, Karl Brimner, Judy Gosney, Jeanne Stevens-Taylor, Sherrie Aho.

Guests: Barb Putnam (Children's Subcommittee), Laura Fraijo (Sexual Minority Subcommittee).

The meeting was called to order at 9:30 a.m. by Gil Thurston, Chair. The agenda was reviewed and additions were made.

**"Way To Go" awards**

No awards were proposed at this time.

**Review of January 8, 2003 meeting minutes:**

The minutes from the January 8, 2003 meeting were amended, approved and accepted. Kathy Peterson is making arrangements to have these minutes posted on the MHD website when they have been approved.

A proposal was made to move the June Planning Council meeting to June 24-25, 2003 in Yakima to coincide with the statewide Behavioral Healthcare conference.

<b>ACTION:</b> Kathy Peterson will follow up with the MH Provider Council on logistics for coordination of the June meeting in Yakima.
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**Review of January 8, 2003 action items:**

1. Gil Thurston will write a letter for the "Way To Go" award to be sent to Aubrey Cohen of the Bellingham Herald.

**Disposition:** Gil has prepared the letter of recognition to Aubrey Cohen. No further action is required.

2. Gil Thurston will follow up with Tom Richardson about having Dr. Steve Shones speak to the MHPAC on cultural competence issues.

**Disposition:** Gil has contacted Tom Richardson, who provided contact information for Dr. Shones, who is an expert on the Texas Medication Algorithm Project. No further action is required.

3. Alan Himsl will discuss DSHS changes to interpreter services at the February meeting.

**Disposition:** Alan handed out a press release and a Medical Assistance Administration memorandum on changes to arranging for interpreter services. Graydon raised concerns about how this program was being implemented for King County mental health services. Alan recommended that anyone with specific concerns contact Tim Roth at 360-725-1316. No further action is required.

4. Gil will set up a meeting with Karl Brimmer to discuss staffing for the Subcommittees.

**Disposition:** Gil Thurston participated in a conference call with Steve Norsen and Kathy Peterson related to Subcommittee staffing. **Handout.** Gil asked Subcommittee chairs to contact him with any future concerns on Subcommittee staffing. No further action is required.

5. The Legislative Subcommittee will review the Advance Directives bill with the MHD Legislative Liaison.

**Disposition:** Wendy Long, MHD Legislative Coordinator, provided an overview of the Advance Directives bill (HB 1041) to the Legislative Subcommittee. No further action is required.

6. Gil Thurston will request an update from the MHD on funding to implement the Residential Capacity study.

**Disposition:** The MHD requested \$10 million (state) to increase residential capacity. This funding was not included in the Governor's budget. No further action is required.

7. Roger Bauer will give an overview of the Texas Medication Algorithm Project and other similar models at the February meeting.

**Disposition:** Roger presented a handout on summarizing the Texas Medication Algorithm Project and other similar models that are used to establish benchmarks or consensus for the delivery of medications. This is an extremely complex clinical issue.

<p><b><u>ACTION:</u></b> Use of a medication algorithm was referred to the Consumer Roundtable and the special population Subcommittees for review and a statement of pros and cons before the March 12 MH Council meeting.</p>
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8. The Legislative Subcommittee will finalize the Planning Council brochure.

**Disposition:** The Planning Council brochure was included with the member packets. **Handout.** No further action is required.

9. Laura Fraijo will forward the Sexual Minorities Subcommittee minutes to Kathy Peterson to distribute to the Council.

**Disposition:** The Sexual Minorities Subcommittee minutes were included in the member packets. **Handout.** No further action is required.

10. Hank Balderrama will forward the Ethnic/Cultural Minorities Subcommittee minutes to Kathy Peterson to distribute to the Council. In addition, a Subcommittee representative to the Planning Council will be designated.  
**Disposition:** The Subcommittee minutes were included in the member packets. **handout** Diane Eschenbacher is the person designated to represent the Subcommittee at the Planning Council meetings. No further action is required.
11. Gil will sign the revised Council Bylaws and they will be submitted to Karl Brimmer for approval.  
**Disposition:** The Council Bylaws have been signed by Gil and Karl. **Handout.** No further action required.
12. Janet SooHoo, an Older Adult Subcommittee representative, and a Children's Subcommittee representative will join the MHD workgroup meetings in addition to Graydon Andrus and Roger Bauer.  
**Disposition:** The Older Adults Subcommittee designated Rick Crozier and the Children's Subcommittee designated Ann Russell-Yeh to attend the MHD workgroup meetings. No further action required.
13. Kathy Peterson will prepare a list of the 2003 FBG indicators that likely cannot be achieved. A letter to the Center for Mental Health Services will be presented to the Planning Council for approval. **handout**
14. The draft list of budget concerns will be reviewed by the Legislative Subcommittee. The final list of budget concerns will be provided to the Planning Council by MHD.  
**Disposition:** Wendy Long provided the bullet points to the Legislative Subcommittee.  
**Handout.** No further action is required.
15. Kathy Peterson will prepare the paperwork for Josselyn's appointment to the Planning Council.  
**Disposition:** The paperwork has been initiated. No further action is required.

#### **Legislative/Administrative Subcommittee**

The Subcommittee met on February 11 and reviewed current bills being considered. There are 3 bills on minor's age of consent to mental health treatment. The Children's Subcommittee will review the age of consent bills. There is also a new bill on mental health parity. Gil will prepare a list of MH Council positions on the various Legislative bills being considered and will provide that list to the Subcommittee members. Gil reported on the progress of the Subcommittee in developing a brochure to represent Council activities. Following the meeting, Subcommittee members met with various Legislative Committee members on mental health issues and provided the Council brochure for information. Gil presented the MH Council brochure for approval by the Council. A motion was made, seconded and passed to approve the MH Council brochure as currently written. The next meeting of the Subcommittee is March 11 at SeaTac.

<b>ACTION:</b> Kathy Peterson will arrange to have copies of the MH Council brochure printed for distribution.
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<b>ACTION:</b> Each of the special population Subcommittees needs to review proposed legislation and provide input to the Legislative Subcommittee with any concerns.
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**ACTION:** The Legislative Subcommittee will prepare a list of MH Council positions on the various Legislative bills being considered and will provide that list to the Council members.

### **Program/Planning Subcommittee**

The Subcommittee met on January 14. Joann provided a summary of the minutes and issues being brought forward to the Council for action. The Subcommittee will meet again on March 5.

Joann presented a handout presenting a revised Vision, Mission, and Goals statement for approval by the Council. There was discussion, particularly on the mission statement use of consumer “journeys.” It was felt that the word “recovery” was too narrow for the populations. A motion was made and seconded to approve the Council Vision, Mission and Goals. After discussion, Goal # 4 will be revised for clarity as follows, “Promote understanding about mental health issues. Goal #5 “Reduce stigma reduction through education about mental illness and other mental disorders.” Goal #6 will be the current goal #5 on individualized and tailored care.

**ACTION:** The MHPAC letterhead and brochure will be revised to reflect the revised Council Vision, Mission and Goals, as amended at the meeting.

Joann presented a draft letter to the Center for Mental Health Services requesting approval to modify the approved Federal Block Grant plan. A motion was made, seconded and passed to approve the letter as written.

**ACTION:** Kathy Peterson will finalize the letter to the Center for Mental Health Services for Karl Brimmer’s approval and signature. Gil Thurston will write a letter of support, as required by the Federal guidelines.

Joann presented the proposed format for the RSN/MHD Contract term pertaining to Federal Block Grant funding planning and reporting. A motion was made, seconded and passed to approve the format as currently written.

**ACTION:** Kathy Peterson will submit the format for the RSN contract term pertaining to the Federal Block Grant plan and report to the MHD for inclusion in the RSN contract.

Joann presented a letter and nomination information on the MHPAC Service Excellence awards. It is proposed that “children and youth” be the focus population for the 2003 awards. The letters will be distributed to interested persons soon, with a deadline of June 2 for nominations. The awards will be presented at the August 13, 2003 all-stakeholder meeting. Council members proposed clarifying language. A motion was made, seconded and passed to approve the service excellence award as proposed.

**ACTION:** Joann Freimund, Kathy Peterson, and Judy Hall will finalize the service excellence award letter and nomination form based on the input provided.

### **Children and Youth Subcommittee**

The Subcommittee met on January 30. Barb Putnam provided a summary of the meeting and the work of the Subcommittee on reviewing age of consent legislation. The Subcommittee is also working on the Federal Block Grant requirement to implement pilot project to address gaps in services to children. The Subcommittee is scheduled to meet again on February 24.

### **Sexual Minorities Subcommittee**

The Subcommittee met on December 6. Laura Fraijo reviewed the Subcommittee minutes and noted some corrections. A request was made for the MH specialist consultation requirement to include sexual minorities. This was discussed by the MH Specialist Workgroup on February 11. Gil recommended that Laura follow up with Hank Balderrama to discuss this concern. The Subcommittee will meet again on February 21.

### **Older Adult Subcommittee**

The Subcommittee met on February 5. Josselyn Winslow provided a summary of the meeting. The Subcommittee will meet the first Wednesday of every other month. There will be a workshop on Older Adults at Western State Hospital on February 28. The next meeting of the Subcommittee is scheduled for April 2.

### **Ethnic Minorities Subcommittee**

The Subcommittee met via conference call on January 17. Diane Eschenbacher provided a summary of the minutes. She expressed a concern about requesting a minority specialist consultation for a person that does not appear to be a minority. Gil recommended that Diane contact Hank Balderrama to discuss her concerns.

### **Rehabilitation Council**

Joann Freimund reported that the Rehabilitation Council meets quarterly and the next meeting is March 11.

### **Consumer Roundtable**

The Consumer Roundtable met on December 6, 2003. BJ Cooper provided a summary of the meeting. She expressed concern about the legislative bill that would eliminate the MHD Office of Consumer Affairs and use the funds for an independent ombuds office.

### **Performance Indicator Workgroup**

John Fisher has been attending these meetings at SeaTac on behalf of the MH Council. These indicators are to measure the degree of improvement in the system for reporting to the Center for Medicare/Medicaid Services. However, outcome indicators are not included. Two indicators are included, one for clinical and one for non-clinical. John recommends that outcomes be included as indicators to measure improvement. The Older Adult Subcommittee also has concerns about the performance indicators being included.

<p><b>ACTION:</b> The issue of performance indicators was delegated to the Program Planning Subcommittee for action. The four special population Subcommittees will provide input to Joann Freimund by March 3.</p>
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### **MHD 03-05 Waiver/Contract/WAC Workgroup**

Judy Gosney and Jeanne Stevens-Taylor of the MHD joined the Council to provide an update on this project. The workgroup is developing a list of MHD current requirements that are not a part

of state statute or federal regulations. The Council has 5 members on this workgroup. The current priority is to develop the revised Medicaid waiver to implement the 1997 Balanced Budget Act. The revised waiver needs to be received by the Center for Medicare/Medicaid services by March 30. However, the approval process takes a long time so things are happening very fast. The workgroup has been working with System Improvement Group (SIG) IV on developing Levels of Care guidelines and a defined benefits package statewide. There is a significant cost to notifying Medicaid recipients of the proposed change to the waiver, even if it is not approved. Roger Bauer, Graydon Andrus, Janet SooHoo, Rick Crozier and Ann Russell-Yeh are representing the MH Council on this workgroup.

### **Director's Report**

Karl Brimner joined the Council to provide an update on MHD issues. Karl commended the group for the Legislative brochure that was produced by the group. Ron Sterling was recognized for his efforts in getting the brochure pulled together and printed.

The Legislature is still working based on the Governor's budget and has not put forth their own proposed budget. A House Bill has been proposed on notification to parents and parental rights related to mental health treatment.

The MHD will be working with the Children's Subcommittee and other parent groups on producing a pamphlet for parents on access to mental health services for children. This document will also include a statement of parent's rights. Hopefully the pamphlet will be available in the summer. The MHD is also working on producing "fact sheets." One pertains to mental health services provided for children and youth statewide. A fact sheet could also be prepared on mental health services, per the Balanced Budget Act (BBA). These fact sheets will be put on the MHD website and provided to the MH Planning Council as they become available. Consideration will also be given to having these fact sheets translated into other languages.

The MHD is working with Legislators on a forensics bill to allow one evaluator for a competency evaluation for some offenses and allowing the competency evaluation to be conducted in a jail setting. Gil stated that the Legislative Subcommittee supports this proposed legislation.

Karl also provided an update on MHD staff changes following Richard Onizuka's departure. Steve Norsen has been appointed on a temporary basis to the Office Chief position. Council members stated that Steve has been very helpful and responsive.

Joann Freimund raised the concern from the August Stakeholder meeting about the impact of not serving persons who are not eligible for the Medicaid program. The Council would like to pursue a study to quantify this impact. Judith Stormbreaker also raised a concern about the cost of inpatient care for people who cannot obtain medications. Karl said that he would confer with Judy Hall to discuss these issues further.

<p><b>ACTION:</b> Karl Brimner will confer with Judy Hall on pursuing a study to determine the impact of not serving persons who are not eligible for the Medicaid program, including the impact on minorities and placement decisions. He will also discuss the concern about the cost of inpatient care for people who cannot obtain medications.</p>
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Josselyn Winslow asked about the status of the state hospital Expanded Community Support (ECS) program, and whether there is a report on this program. Are the dollars returning to the

community along with the person discharged? Karl stated that approximately 35% of the funding for the person follows the person to the community. Karl reported that this program is operating successfully and that statistics are compiled to track progress. A report on the ECS program will be provided at the March MH Planning Council meeting.

**ACTION:** A report on the ECS program will be provided at the March 12 MH Planning Council meeting.

Joanna raised concern that the statewide Level of Care guidelines that are being developed will exclude persons from service who have been functioning well and then decompensate. There is concern that persons who are currently covered by the RSN will no longer be eligible for mental health services.

**ACTION:** A report on the Level of Care guidelines will be provided at the March 12 MH Planning Council meeting.

Next meeting: March 12 at the SeaTac Holiday Inn. The meeting will begin at 9:30. Contact Sherrie Aho at (360) 902-0785 or [Ahos@dshs.wa.gov](mailto:Ahos@dshs.wa.gov) for travel at least two weeks in advance. Members who will be absent must notify Gil Thurston, Kathy Peterson or Sherrie Aho or the absence will be counted as "unexcused."

**CALENDAR FOR 2003:**

January 8, 2003	June 24/25, 2003 in Yakima*
February 12, 2003 <b>IN OLYMPIA</b>	August 13, 2003 <b>4<sup>th</sup> annual all stakeholders meeting</b>
March 12, 2003	October 8, 2003
May 14, 2003	November 12, 2003

\* Under development.

Motion made to adjourn. Seconded and approved. Adjourned.

## **February 12, 2003 Action Items**

1. Kathy Peterson will follow up with the MH Provider Council on logistics for coordination of the June meeting in Yakima.
2. Use of a medication algorithm was referred to the Consumer Roundtable and the special population Subcommittees for review and a statement of pros and cons before the March 12 MH Council meeting.
3. Kathy Peterson will arrange to have copies of the MH Council brochure printed for distribution.
4. Each of the special population Subcommittees needs to review proposed legislation and provide input to the Legislative Subcommittee with any concerns.
5. The Legislative Subcommittee will prepare a list of MH Council positions on the various Legislative bills being considered and will provide that list to the Council members.
6. The MHPAC letterhead and brochure will be revised to reflect the revised Council Vision, Mission and Goals, as amended at the meeting.
7. Kathy Peterson will finalize the letter to the Center for Mental Health Services for Karl Brimner's approval and signature. Gil Thurston will write a letter of support, as required by the Federal guidelines.
8. Kathy Peterson will submit the format for the RSN contract term pertaining to the Federal Block Grant plan and report to the MHD for inclusion in the RSN contract.
9. Joann Freimund, Kathy Peterson, and Judy Hall will finalize the service excellence award letter and nomination form based on the input provided.
10. The issue of performance indicators was delegated to the Program Planning Subcommittee for action. The four special population Subcommittees will provide input to Joann Freimund by March 3.
11. Karl Brimner will confer with Judy Hall on pursuing a study to determine the impact of not serving persons who are not eligible for the Medicaid program, including the impact on minorities and placement decisions. He will also discuss the concern about the cost of inpatient care for people who cannot obtain medications.
12. A report on the ECS program will be provided at the March 12 MH Planning Council meeting.
13. A report on the Level of Care guidelines will be provided at the March 12 MH Planning Council meeting.